



### **South Wilts Cricket Club**

The County Ground, Wilton Road,  
Salisbury, Wiltshire, SP2 9NY

## **SOUTH WILTS CRICKET CLUB & ECB BOWLING DIRECTIVES**

South Wilts Cricket Club will apply the ECB's Fast Bowling Directives which are designed to raise awareness of the need to nurture and protect our young fast bowlers through their formative years and minimise the possibility of injury.

The Directives relate to all competitions under the auspices of the ECB at U19 level and below as well as all Premier League matches. It should be emphasised that the age of the player is the key criteria and not the level of cricket being played.

For the purpose of these Directives a fast bowler should be defined as a bowler to whom a wicket keeper in the same age group would, in normal circumstances, stand back to take the ball. This is an important consideration especially for young bowlers whose bodies are not fully developed. Recent studies have revealed that over bowling is the most common cause of back injuries in this country. Evidence suggests that much of the damage occurs early in the playing career, especially during growth spurts, though the effects do not often show themselves until the late teens. The more talented and more physically mature youngsters are generally most at risk, as they tend to play at more than one age group level.

To ensure that young fast bowlers do not place undue stress on their bodies, every attempt must be made to keep the amount of bowling within reasonable limits.

### **Directives for Matches:**

Age	Max Overs per spell	Max overs per day
Up to 13	5 overs per spell	10 overs per day
U14, U15	6 overs per spell	12 overs per day
U16, U17	7 overs per spell	18 overs per day
U18, U19	7 overs per spell	18 overs per day

### **Directives for practice sessions:**

Age	Max sessions per week	Max balls per session
Up to 13	30 balls per session	2 sessions per week
U14, U15	36 balls per session	2 sessions per week
U16, U17	36 balls per session	3 sessions per week
U18, U19	42 balls per session	3 sessions per week